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SAFETY CLASSES

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Britney Nelson and some of her sisters of Delta Phi Epsilon. Left to right: Rebecca Batchelder, Sydney Lund, Taylor Greene, Britney Nelson, Alyssa Klenotich, Jess Cemke and Lexi Revolinski.

PHOTO CONTRIBUTED
BY LAUREN REUTELER

STUDENTS PRAY FOR BRITNEY NELSON, VICTIM IN PEDESTRIAN/CAR ACCIDENT

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NEWS

Winona State prepares students for active shooter possibilities



Don Walski, director of security for Winona State, conducts a class on what to do if there is an active shooter on campus.



PHOTO BY SARA MURRAY
Photographer
skmurray12@winona.edu

A shooting in Winona last Sunday afternoon at an apartment building near Winona State University's west campus left one man dead after being shot in the abdomen and the city on high alert for the offenders.

Residents of west campus said they felt unsafe, making most of them question what they would do in the event of an active shooter.

"It made me feel kind of unsafe, and it was scary to be so close to it," Crystal Lovegreen stated. "I don't even know what I would do in the event of a shooting."

Brett Lubinski said he also was not sure of the actions he would have to take.

"It is scary to think that something like this happened in Winona so close to where I live. It seems like a pretty safe community," Lubinski said. "I am not aware of the protocol for a shooter."

One student felt uncomfortable when she heard about the shooting over popular social media app, Yik Yak.

"I felt very uncomfortable and uninformed. I never would think of what I would do in a shooting. I feel like I would try to fight if I had to," Kristi Loomis said.

Student Kevin Robertson expressed uneasy feelings.

"When I saw the email about the shooting I got a little nervous," Robertson said. "It was scary that it was so close. If I was in a situation like a shooter we should have a lockdown and stay in a safe, locked place."

Shootings like this event and the one at a community college in Oregon have inspired training courses at Winona State University.

During an active shooter training course, led by Donald Walski, head of security, Walski explained what people can do to save their life in a life-threatening event.

Although a school shooting is highly unlikely, it is important to be informed, Walski said.

"It is very important to report any

problems noticed on campus," Walski said. "If reported, issues are dealt with by Winona State University right away."

According to the course, statistics show that 80 percent of people do not act on the knowledge of an active shooting.

"Some people are afraid to report and reveal their names. They don't want to 'tell on' people," Walski said. "Students, faculty and staff need to report. It can save lives."

Any suspicions can be reported to the Behavioral Assessment and Intervention Team also known as the BAIT, Winona State Security, or Winona State police department.

The training course provided information about what to do and what not to do in a stressful and life-threatening situation.

"Law enforcement, after called to address the issue does not arrive until approximately nine to 15 minutes prior," Walski taught during the course. "That means for the first nine to 15 minutes, students and faculty are on their own. Time

slows down in these types of situations.

Three main options people have are to run, hide and fight."

Walski explained during the class, it is unusual in most situations for a shooter to be caught by authorities, and instead they usually commit suicide.

Main campus resident Emily Ness also emphasized the importance of this type of education, but also expressed concern over the shooting last week.

"I think that it would be beneficial to learn about the safety options on campus and what I should do if there is a shooter," Ness said. "The first thing I would do in a shooting is call the police. I wouldn't know much else after that."



BY CHENEY MASON
news reporter
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Basque government group tours Winona State engineering program

Winona State University hosted a group of officials from the Basque region of Spain on Tuesday, Oct. 20 to establish an educational partnership with the science and engineering department.

Associate Vice President for Academic Affairs Edward Reilly said it is the second year the Basque group has visited Central and Southeastern Minnesota.

"The Basque officials came to Minnesota because their economy is blooming right now, while the rest of Europe is suffering," Reilly said. "But they need trained workers for all the industries and factories, as well as designers and engineers, so a lot of educated people."

Reilly said this year the officials are visiting Winona State because the university offers a composite materials engineering program, where students study plastics, fibers and the ways to imply composite materials.

"When the Basque officials came to

Minnesota last year, they visited Minnesota State University, Mankato and established some partnerships there," Reilly said. "So they are already doing faculty exchanges at universities in the Basque region with the Mankato area."

Reilly said the president of the college at Mankato was involved with an Obama task force that dealt with technology, industry and the European economy.

"When the President of Mankato was in the Basque, she built relationships with these politicians and invited them to come to Minnesota," Reilly said. "A group from China came to Winona State in July from 20 different schools and visited many colleges in the states. However, this time the officials came here for us, and they know exactly what they want to look at."

On Tuesday, the Basque group had the opportunity to tour the Winona State campus and the composite materials engineering department. Their visit

included a meeting on Winona State's Cal Fremling boat on the Mississippi River with Winona State faculty and administrators, a tour of Wenonah Canoe and a tour of Minnesota State College-Southeast Technical's campus in Winona.

"The tour went very well. The group met with Winona State's president and spent a couple hours in our engineering department," Reilly said. "There were also local companies setting their own booths and displays, so the Basque officials were able to talk to local manufacturers."

Reilly said after the tour of the Cal Fremling they went to Southeast Technical in Winona and found out they already have someone from the Basque working at the college. He said the official is visiting the college for a couple of weeks, so the technical college is little bit ahead of Winona State in establishing the relationship.

Reilly said a possible educational

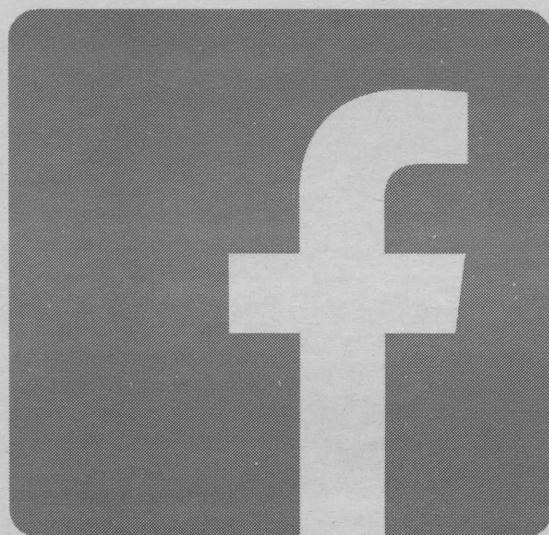
partnership with the Basque would be beneficial for Winona State in a number of ways.

These opportunities, Reilly said, help students who wish to study or work abroad.

"It can also increase our international students population if students in Europe were to have some spokespeople from our program out there right now," Reilly said. The Basque officials can send students here and we can send workers there. That is a really great opportunity for the university."



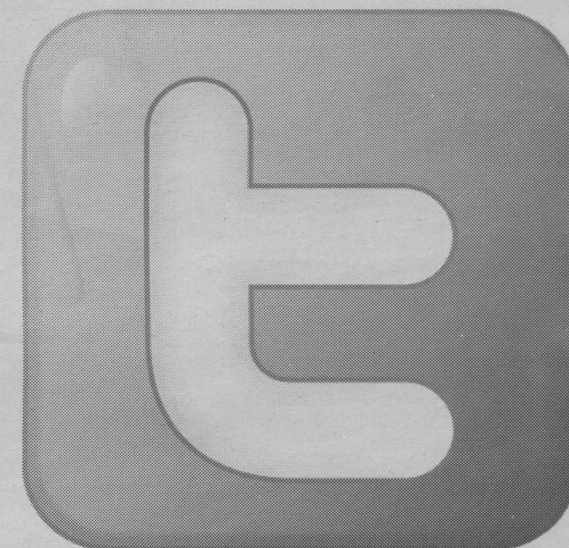
BY SARA TIRADOSSI
news reporter
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Have a burning question for us?
Want to share an opinion?

Be sure to like the Winonan
on Facebook and follow us on
Twitter at @Winonan.

Check us out online at
thewinonan.winonastateu.com



INCIDENTS SECURITY

NO DATE RECORDED

- A student reported the theft of his bike from outside of Maria Hall.

OCTOBER 16

- 12:13 p.m.
A staff member called security regarding the welfare of a student. The student was referred to student life and development.

OCTOBER 17

- 11:40 p.m.
Security and the Winona Police Department responded to East Lake Apartments regarding a student with a medical condition. The student was not transported to the hospital.

OCTOBER 19

- 5:44 p.m.
A student reported the theft of his wallet from McGown Gymnasium. The matter was referred to the director of security.

OCTOBER 23

- 11:38 a.m.
Security and EMS responded to Somsen Hall regarding a student with a medical condition. The student was transported by ambulance to the hospital.

OCTOBER 24

- 1:12 a.m.
Police were summoned to campus to conduct a welfare check on a student. The student was found to be OK and was allowed to remain with friends.

Doing more with art: 'The US vs. John Lennon' film screening shows political value in artwork

Students, faculty and families alike gathered on campus for a screening of the film "The U.S. vs John Lennon" at Winona State University's Stark Hall auditorium on Wednesday night.

The 2006 film, directed by David Leaf and John Scheinfeld, focuses on Lennon's anti-war activism after his time with the Beatles, and the opposition from both the U.S. government and the Nixon administration.

Nathan Wardinski, a DJ at Winona State's KQAL and host of Sounds of Cinema on the station, was the coordinator of the film showing.

With Lennon's 75th birthday approaching, he thought of celebrating it by having a film featuring the musician. This film in particular, Wardinski said, is relevant to not only students, but today's society as a whole.

"They stand to learn something," Wardinski said. "The film details an aspect of Lennon that even fans of the Beatles may not know of."

Lennon, as an activist for the anti-war movement, used his fame to spread a message of peace. Many of his biggest chart-toppers were anti-war songs, and eventually the U.S. government took notice. The FBI followed him for years, and former-President Richard Nixon attempted to have him deported.

Wardinski said there are similarities between Lennon's era and today, citing how wars raged on overseas, the government was performing illicit acts of espionage and entertainment and politics went hand in hand.

"Entertainment and politics have always overlapped," Wardinski said. "And now we have a reality star, Donald Trump, running

for president."

The difference between the eras lies in the activism, Wardinski said. Unlike the 1970s, artists, directors, and musicians alike tend to stay away from political messages, for fear of alienating potential fans. Pop music in particular has taken a beating politically, changing from a genre full of substance to a formulaic system of clichés, Wardinski said.

"Lennon makes us think of pop music in a meaningful way," Wardinski said, citing classic songs such as "Imagine" and "Give Peace a Chance."

It's songs like these, Wardinski said, that showcase the potential for music as a political platform.

"I hope that people see that what they consume can be more than fluff or filler," Wardinski said.

After working for 10 years as a wedding

DJ, Wardinski does see that entertainment for entertainment's sake is necessary but something that should be a companion piece to something more substantive.

"I can't fault people for wanting just entertainment. There's a place for 'I Want to Hold Your Hand,' or the most recent Nicki Minaj or Katy Perry song," Wardinski said. "But music, and art in general, can do more than that."



BY NATHANIEL NELSON
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Have a breaking news tip?

Contact News Editor Samantha Stetzer at SStetzer12@winona.edu

Heard an interesting story?

Contact Features Editor Ana Alexander at AAlexander12@winona.edu

Want a club sport featured?

Contact Sports Editor Sam Thiel at SThiel11@winona.edu

For more information or other inquiries contact Allison Mueller at AMueller12@winona.edu



Help write for the WINONAN

Contact Allison Mueller at AMueller12@winona.edu

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fallingstars1931@gmail.com

In the know... with Student Senate

A weekly update of Student Senate

Pedestrian safety becomes main focus of Student Senate

Winona State University Student Senate met for a shortened meeting on Thursday, Oct. 22 because of a dinner at Winona State President Scott Olson's house.

In bigger news, the pedestrian crosswalk concern that has paved its way to relevance was discussed at the meeting.

Approximately 75 percent of Winona State students live off-campus, and the recent incidents involving car-pedestrian accidents have raised the issue of improving the lighting or signals in Winona's streets to increase pedestrian safety, according to the senate.

As per request and with the petition started last week to call for more pedestrian safety, Student Senate recommended the creation of a group of Winona State

students, Winona State faculty and staff, Winona City Council members, City of Winona staff and other related parties to promote further discussion on the issue and explore possible solutions.

The goal is to eventually develop an accident reduction plan to present to the Student Senate, and a variety of solutions have been proposed, focusing on major streets Broadway, Huff, Sarnia and Main.

Student Senate President Josh Hanson will present the motion to the Winona City Council soon after anything passes.

Student Senate member Nicole Zimmerman said it has been trying to pass something related to this issue for a long time, but after the recent incidents, voices are becoming more concerned and

vocal.

"The last thing anyone wants is for someone to get hurt," Zimmerman said. "So hopefully this will help pedestrian safety, but also promote a better culture around town about safe driving. This motion truly shows what a great community there is at Winona State that really comes together in a tragic time."

In other news, Winona State's geology club will be allocated \$1,173.95 for the Geological Society of America conference.



BY BEN STRAND
news reporter
bstrand11@winona.edu

Winona State honored on national lists

Students, faculty and Warriors Salike are not the only ones honoring Winona State University for its academic and affordable qualities. The university recently made it onto the Princeton Review's "Best Colleges: Region by Region" and "America's 100 Best College Buys."

This is the 12th consecutive year Winona State has made it into the review list and its 20th year on "America's 100 Best College Buys."

Along with these two awards, Winona State was also recently named the second best public college in Minnesota, ranking seventh overall in Minnesota.

Zoie Mester, a sophomore at Winona State, said the university deserved this title.

"Most of the professors here are good, it's such a beautiful campus,

and a lot of the people here are super cool," Mester said.

According to Winona State, it was one of 1,187 colleges throughout the U.S. responded to a survey filled out to be qualified for the prize. Colleges are then ranked on both the value, the quality of the college and must follow certain requirements to even be considered for the title.

After meeting all of the criteria, Winona State proceeded in being named one of 100 colleges and universities on the "America's 100 Best College Buys" list.

The Princeton Review list only represents approximately 25 percent of the United State's 2,500 four-year universities, but Winona State was one of 12 four-year Minnesota universities to make the list, according to the university. It was also the only university within

the Minnesota State Colleges and Universities system to make the list.

The university was selected due to academic excellence and student experience survey data.

Nick Soranno, sixth-year student, credited the laptop program for helping Winona State make it on these lists.

"The laptop program is what I believe makes Winona State one of the best," Soranno said. "Not only the laptops themselves, but also all of the software that come with the laptops that you would otherwise have to pay for."



BY ZACH BAILEY
news reporter
zsbailey14@winona.edu

This week in Winona...

Major and Career Exploration Fair

Time: 10:30 a.m. to 1:30 p.m.

Place: Kryzsko Commons
East Hall

W

Contact: Warrior Success Center, 507-457-5878

28

Music of South America

Time: 6 p.m.

Th

Place: Performing Arts Center
Recital Hall

Contact: mlenhardt@winona.edu

29

UPAC ValleyScare trip

Time: 4 p.m.

Place: ValleyScare

Contact: upac@winona.edu

F

Tickets are \$20 with valid Winona State ID

30

Tick-or-Treating in the Residence Halls

Time: 6 to 8 p.m.

S

Place: Winona State residence halls

Contact: cguenther@winona.edu

Happy Halloween!

31

Orchestra Concert

Time: 2 p.m.

S

Place: Performing Arts Center
Vivian Fusillo Main Stage Theatre
Contact: mlenhardt@winona.edu

1

Ardor: Art and Design Faculty Exhibit

Time: 8 a.m. to 4 p.m.

M

Place: Watkins Hall
Paul Watkins Gallery
Contact: kpeterson@winona.edu

2

State General Election Day

Time: All day

T

Place: Winona State University
No classes between 6 and 8 p.m.
Don't forget to vote!

3

English department offers prize for creative writing

The Winona State University English department is offering a creative writing contest for undergraduate students, giving participants a chance to win \$1,500.

"The Winona Prize in Creative Writing" is funded to a donation of money through an anonymous donor.

English professor Elizabeth Oness said the department has hosted other contests in past years, such as ones for a freshman writing award and a scholarly essay.

"It's great for people who are interested in creative writing opportunity," Oness said. "And what our donor wanted, he really did want this to be available to a wide number of students, and the number of students who have taken English 222 in different disciplines really do write very well, so we wanted it to be open to them."

English 222 is a general course, in addition to being a required course for English majors and minors.

There are three categories for the contest: fiction, poetry and creative nonfiction. Students submitting their work to the contest are allowed to enter one entry in

each category if they choose.

Full-time undergraduate students who have taken English 222 or completed another creative writing course are allowed to enter.

"They have to have at least 12 hours fall and spring. We didn't want someone who was just taking one creative writing class a semester," Oness said. "It's not open to grad students. He really wanted this to be for undergrads."

The deadline to submit entries, with a cover page is Nov. 2 to the English department office.

Manuscripts will first be read by creative faculty and the winning entries will be chosen by visiting authors from the John S. Lucas Great River Reading Series or other authors who have been published in the appropriate genre.

The winners will be announced Feb. 1, 2016 and each will be awarded with their cash award. They will also have their work published in "Satori," Winona State's literary and arts magazine.

Oness said if the donor is pleased with

the way the contest goes, it will be ongoing for at least the next year.

The English department has been promoting the contest since its announcement with emails and posters, because Oness said she wants a lot of students to submit pieces so the donor feels satisfied in his donation.

"I want to make sure to get as many students to submit as possible. We know that we can reach English majors through email, but because of it being open to 222 students, those students are a little bit harder to reach," Oness said. "We are so grateful and happy for this opportunity. There's so much emphasis on the sciences these days. Creative work feeds our souls."

Journalism and English student Kim Schneider said it is nice to see the English department faculty encourage students outside of class.

"As students, we are so busy that it's hard to find time to track down lit. magazines that we'd like to submit to. This way we can submit locally to professors that we know well," Schneider said. "I

think a lot of English majors will enter the contest. Since we are required to take classes like poetry writing, story writing and nonfiction writing, I think a lot of us have a lot of work lying around that could easily be submitted."

Schneider added that she plans on entering pieces, though she was not sure which ones.

"I'm definitely entering the poetry category," she said. "I'm also thinking about fixing up one of my essays from nonfiction writing to submit for that category."

Her nonfiction piece is about one of her best friends who was diagnosed with cancer in high school.



BY JORDAN GERARD
news reporter/copy editor
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Are your creative juices flowing? Guidelines for entering the Winona Prize

Before you enter...

- ***Students must have taken English 222 or be enrolled in or have taken an upper level writing course.***
- ***Students must be full-time both semesters which means being enrolled in 12 or more credits.***
- ***Students must be classified as undergraduates.***

After you enter...

- ***Submit one piece of poetry, fiction or creative nonfiction, with a cover page, by Nov. 2 to the English dept. office.***
- ***Winners will be announced Feb. 1 after creative writing professors and authors review the pieces.***
- ***Winners will be published in Winona State's Satori.***

For more information on this contest, visit wsu.mn/Creative_Writing_Prize

Toki Wright encourages poetry and music engagement

Educator and rapper Toki Wright traveled to Winona State University to work with local college, high school and middle school student musicians last week.

The program was part of the Mid West Music Fest's "Sounds Like School" initiative to create engaging activities that help students connect with musicians, learn how to perform live and establish an appreciation for music.

Wright is the department chair for the hip-hop program at McNally Smith College of Music in St. Paul. He has been creating music since he was 15 years old. Wright runs an entertainment company called Soul Tools Entertainment.

Wright spent three days with a small group of students. His time in Winona began with workshops and ended with a performance in East Hall.

He said he strives for creating deep connections with students and having real dialogue. He worked with students from Winona State University, St. Mary's University, Cotter High School and Riverway Learning Community. The workshops and performance were part of Winona State's theme of "Equity as a Human Right: Building Inclusive Community."

He had students free write during the first day of the workshop, then they got into groups and each group had to create a rap with what they wrote during their free write time.

There were no qualifications for which students were able to participate.

The concert included student performances along with a performance from Wright.

The student groups that performed were Soul Sisters, Forgiveness, Styrofoam Takeout Box, Nebulous and Blastoff, with a total of 12 students.

Every performance had a theme around the question: "What is a bold statement that you can make?" which Wright asked the students in the beginning of the workshops.

Director of the Mid West Music Fest Parker Forsell commented on the workshops.

"It all starts with an idea, then collaboration, and that is what happened the last three days," Forsell said.

Wright also held a "Casual Conversation with Toki Wright" presentation during his time here.

Wright spoke about his music being personal, and how it can be both uplifting and painful.

He also discussed living as a black man in Minnesota.

"It has come to the point that saying black makes people uncomfortable," Wright said.

Wright asked the audience how many black people were on TV before the first black president and what roles they were playing.

He mentioned the Black Lives Matter movement, and stated that of course all lives matter, but black lives need to be treated with more respect than they currently are.

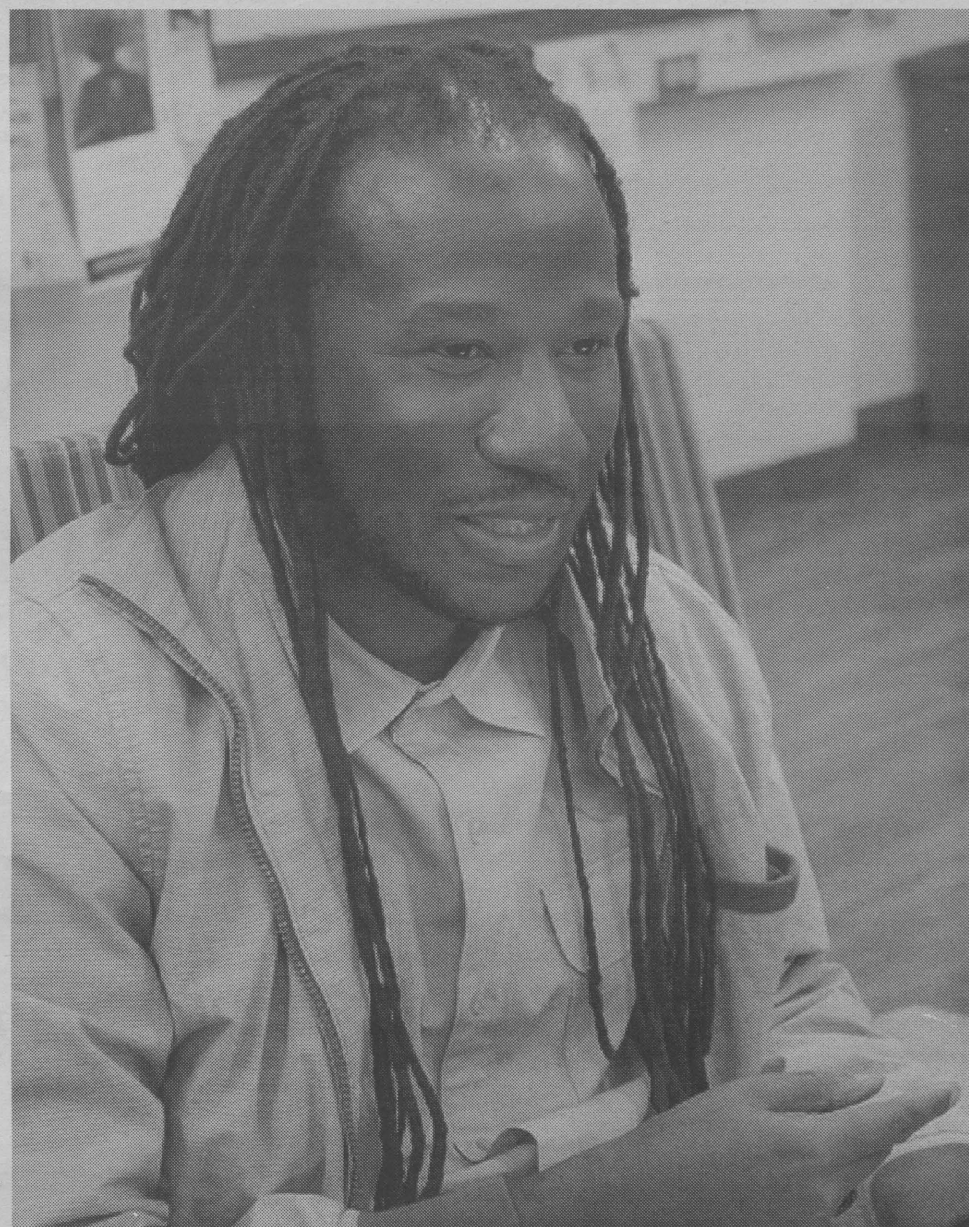
Jacob Grippen, Chair of the Mid West Music Board, the Education Board and the Human Rights Commission for Winona and Winona County attended the presentation.

Grippen asked Wright how people who are not of color could become better allies.

Wright said white people need to be more aware about what other white people say and what they do.

Wright said it is normal to walk into a store and everyone is white, but people would be alarmed if they walked into a store and everyone was black.

"It is an interesting way to live...when you are aware," Wright said.



BY MICHAELA GAFFKE
features writer
mgaffke12@winona.edu

Activist rapper Toki Wright performs a preview of one of his songs for students during a meeting in the KEAP Center.



BY TAYLOR NYMAN
photographer
tryman12@winona.edu

Students participate in annual Halloween fundraisers

Instead of asking for tricks or treats, Winona State University athletes are knocking on doors to collect something much more beneficial for the community.

On Monday Oct. 26, Winona State athletes participated in the fourth annual Trick-or-Treat for Cans. For an hour, athletes walked around the community of Winona collecting canned goods and other non-perishable food items. All of the collected items were donated to the food shelf at Winona Volunteer Services, which provides monthly supplemental foods to community members in need.

This event was proposed and carried out by the athletic department as a way to give back to the community.

Volunteer Coordinator at Winona Volunteer Services Chelsea Goldblatt said the athletes will come knocking door to door for non-perishable foods, including canned or boxed items.

"The athletic department wanted to do something on their own and so they have been doing this food drive for about four years," Goldblatt said.

According to their website, the best things to donate are peanut butter, dried beans, canned stews and soups, canned meats, rice, instant potatoes, complete baking mixes and juices.

"You're more than welcome to bring produce or frozen foods [to the food shelf]," she said.

The food shelf also always welcomes cash donations. Every donated dollar can be used to purchase food from a central food bank.

Senior Jeffrey Brown, who plays defensive end on Winona State's football team, said the athletes add a twist to their volunteering.

"It's kind of a competition," Brown said.

All of the participating sports break up into teams, but Brown said that the football team has an advantage because they have the most people.

Despite it being like a competition, Brown joked they try not to get too intense and scare people, since they are knocking on doors in the dark.

As a senior, Brown said he was sad this year was his last time participating in the event.

"It's just like a race," Brown said. "I had a lot of fun doing it last year."

Another Halloween activity on campus is trick-or-treating in the residence halls. Dorm residents will be giving out treats to children in the Winona community.

On Oct. 31, from 6 to 8 p.m., dorm residents are able to sign up to hand out candy to Elsa, Thomas the Train, a

Ninja Turtle or whoever else may walk through the halls on Halloween. Residents can also dress up, if they want.

Whether it's with Kit Kats or Skittles, Winona State dorm residents are able to make these kids' wishes come true.

First-year Erin Reiner said she was looking forward to the event as an opportunity to be a part of the community.

"My RA was talking to a group from our floor, and we were discussing the different activities going on during Halloween around campus. She brought up the trick or treating, and how it would make the kids' night if we participated," Reiner said. "Being able to see all the kids dressed up and having fun getting candy will be the most fun part about the night."

In either collecting cans for Winona residents in need of a little help or handing out candy to Winona children in want of a sweet treat, Winona State residents are giving back to the community this Halloween.



BY KALIKA VALENTINE-ERIKSON
features writer
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AND WE TRULY APPRECIATE YOUR SUPPORT!



Holly Loberg: Profile of a student active in campus leadership

Junior Holly Loberg, who is studying communication studies with an emphasis in leadership and a minor in philosophy and CAST, holds four positions at Winona State University in addition to her other schoolwork: national communications coordinator, housing tour guide, desk assistant, and “of-the-month” coordinator for the national residence hall honorary.

Loberg was active in many organizations in high school, and she knew she wanted to get involved when she came to Winona State. During her first year she got involved with the Residence Hall Association (RHA) by being the Vice President of the Maria hall council.

“Hall council started it all for me,” Loberg said. “If it wasn’t for hall council, I don’t know where I would be right now.”

Loberg also advises those who want to get involved to join hall council. She also suggests looking into clubs or talking to people about one’s interests.

“The easiest way to get involved is to put yourself out there,” Loberg said.

Loberg originally wanted to go to a small private university, however, her mother influenced her to tour Winona State.

“This is it,” Loberg recalled thinking when she toured west campus.

With her communication studies degree, Loberg hopes to go into student affairs after graduation. Loberg said she would like to work with first generation college students as an admissions counselor, or for a program similar to the TRIO program on Winona State’s campus.

“Because I’m a first generation college student, I had no idea what I was doing,” Loberg said. “I want to be that contact for someone else and [be able to] help them understand.”

One of Loberg’s jobs on campus is the national communications coordinator for the university. For this she organizes all the conferences the university attends, such as the Midwest Affiliate of College and University Residence Halls (MACURH) and the National Affiliate of College and University Residence Halls (NACURH).

“We don’t have dorms at WSU,” Loberg said. “Because when you think of a dorm you think of a square box that you live in. In a residence hall you have experiences and connections with people, and it’s more

than just a place to live.”

Loberg shared that attending these conferences has been her favorite aspect of being involved on campus.

“I absolutely love getting to know people,” Loberg expressed. “I know people from Mexico, South Africa and Kansas, and people involved in housing and residence life.”

Loberg is also the “of-the-month” (OTM) coordinator for National Residence Hall Honorary (NRHH). For this job, Loberg encourages people on campus to write OTMs and also collaborates to decide which OTMs win in the Midwest region.

An OTM is a two hundred to six hundred word description to show appreciation for someone who has made an impact on Winona State’s campus. Those being recognized can range from resident assistants, general maintenance workers or professors.

Loberg said Winona State ranks sixteenth in the nation for writing the most OTMs.

Additionally, Loberg has been a front desk assistant for Maria Hall since her first year at Winona State. She returns to this position because her boss, hall director, Ann Durley, makes the job fun and Loberg “loves working with her.”

Lastly, Loberg is on her second year of being a housing tour guide, giving tours to perspective students of the residence halls on campus.

Loberg gave an example of her impact on campus. A male student who currently lives in Maria Hall was influenced by a tour of the residence halls Loberg led. Loberg shared whenever he (the student) sees her sitting at the front desk, he points out to his friends that Loberg was the one who gave him his tour of the residence halls, and he wanted to live in Maria Hall because of the way Loberg portrayed the building on the tour.

Loberg shared how she manages her obligations on campus and being a student. She explained she is a very organized person with a color-coordinated calendar, she sets time to work on things, avoids procrastination, keeps track of when everything is due and ensures that she gets nine hours of sleep each night.

In her free time, Loberg engages in stress-relief activities. She has stress relieving coloring books and also enjoys

hanging out with her roommates.

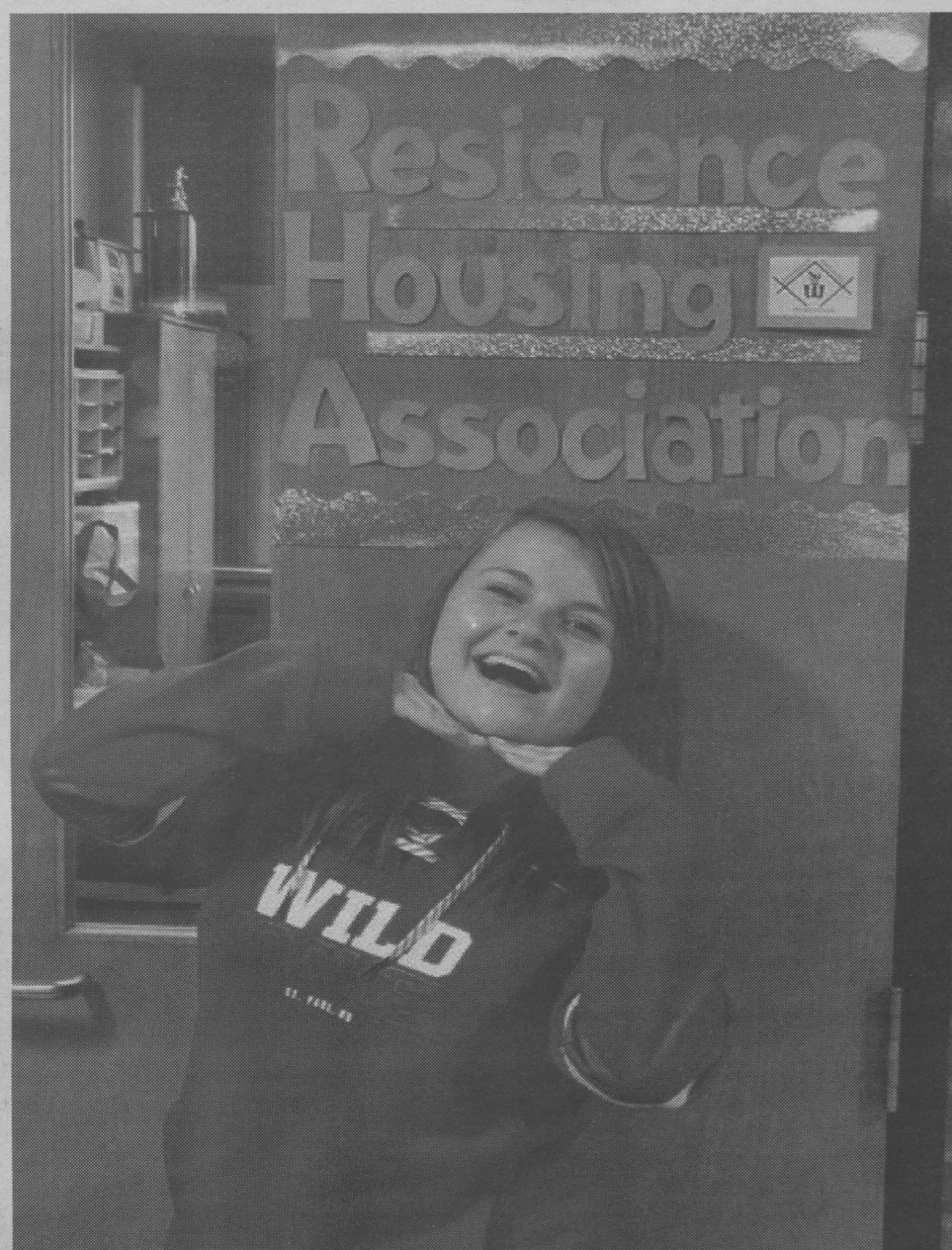
Loberg expressed she has benefited most from working with professional staff while getting involved on campus. She knows how to work with people from other generations, which she said will be a good skill to have when looking for jobs.

Loberg said most of her friends are also

involved on campus. Therefore, her work includes getting to spend time with her friends.



BY DANA SCOTT
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Junior Holly Loberg holds four jobs on campus, one being downstairs in Krysko Commons as the “of-the-month” coordinator.



BY EMMA MASIULEWICZ
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Winona State students support Britney Nelson in prayer session

On Thursday evening, Oct. 22, the Winona State University gazebo was illuminated by candlelight from a prayer session held by Delta Phi Epsilon for one of their sisters involved in a pedestrian/car collision Monday, Oct. 19.

Winona State sophomore Britney Nelson was crossing West Broadway and Harriet Streets around 9 p.m. when a car, driven by a 64-year-old woman, struck her.

Nelson was unresponsive at the scene and transported to Winona Health for evaluation. Due to the hospital's lack of a trauma unit, Nelson was airlifted to Gundersen Medical Center in La Crosse, Wis. for treatment.

Doctors found a vertebrae fracture, two skull fractures and bleeding in her brain, according to a journal entry on a Caring Bridge page created by Kailee Fischer, one of Nelson's close friends.

Fischer, Alannah Evelius, Sydney Lund, Jess Cemke and Kenzie Howard followed Nelson to the hospital and stayed until her parents had arrived.

Caring Bridge, a nonprofit organization that allows users to update online pages regarding medical situations, reports Nelson's progress every day. She is now able to breathe, eat and talk on her own. The doctors also put her in a Johnny Jumper, a device used to aid in walking, and she was able to hug her dad a few days after the accident.

About 50 to 75 people attended the prayer session hosted by the five friends. Many of the attendees were members of Greek life.

The night started with a prayer, even though the sorority is non-religious, Rachel Haller said. Haller is a friend of Nelson and drove the group to La Crosse on Monday night.

"During this time, we need hope; we need strength," Haller said. "Anyone here tonight is supportive."

The Greek community went so far as to wearing red for a night for Greek Week. Camouflage and red are Nelson's favorite colors, close friend Alannah Evelius said.

"If any word could describe her, it would be bold," Haller said. "She's very outgoing and always smiling. She's very driven. There was nothing that could stop her."

During the event, friends and supporters told stories about Nelson. Haller also mentioned Nelson's dog, Charlie.

"Those two are side by side. She would have brought him to classes if she could," Haller said.

Many said they know Nelson's laugh very well.

"Her laugh is so contagious and that's something that's recognizable too. Lots of videos have been posted about her laugh," Evelius said.

Evelius said they were able to see her on Tuesday night when they brought her parents a care package.

"She looks like Britney. She doesn't look unrecognizable," Evelius said. "It was scary, and it was sad. Definitely wouldn't want to see any of my friends like that, but it was relieving to know that she still looked like



Sophomore Britney Nelson was involved in a pedestrian/car collision Monday, Oct. 19. She is currently recovering at Gundersen Medical Center and will be transferred to Hennepin County Medical Center.

PHOTO CONTRIBUTED BY ALANNAH EVELIUS

Britney and acting like Britney now."

Evelius said she was happy with the turnout at the prayer session.

"I was so overwhelmed with emotion. I knew a lot of people said they were going to be here, and I was scared that not many people were going to show up. But with the amount of people that showed up, I think it showed really well how supported she is and how much we love her,"

Evelius said.

Evelius first met Nelson when she was going through recruitment, where she left quite an impression.

"She wore a dress that showed off her gun tattoo, and everyone knew her as 'the girl with the gun tattoo,'" Evelius recalled. "I fell in love with her, and she's my best friend's Little in sorority. We've always had a connection and just love her to death. And my Little, Sydney Lund, is

her best friend too.”

Evelius said Nelson is one of the first people she goes to when she needs someone.

“Britney is one of the most spunkiest people you’ll ever talk to. She always has a smile on her face, always laughing,” Evelius said.

In addition to Fischer’s Caring Bridge page, Howard started a GoFundMe page to help Nelson’s parents with medical costs and also keep friends and supporters updated on her condition. As of Monday night, the site has raised \$1,010 for Nelson and holds a goal of \$10,000.

There have been multiple accidents this year involving cars and pedestrians, sparking a conversation and petition for brighter streetlights in Winona. Winona State’s Kyle Strand started a

petition with reasons and examples for brighter lights around Winona.

Evelius said she signed the petition and shared it with her sisters and they also signed it. As of Monday night, there are 1,558 out of 2,000 signatures needed.

“I love it. I’m all in support of it,” Evelius said.

“Student Senate is doing something about it. Definitely know that something needs to be done with three people getting hit in less than a year on Broadway alone is scary.”

Winona State also helped promote pedestrian safety with a Crosswalk Safety event in September. The event was held at various locations in Winona and demonstrated proper use of a crosswalk.

As of Monday, Oct. 26, the Caring Bridge page reported Nelson fed herself lunch and looked at two

scrapbooks her friends had made. She also pointed out her dog Charlie and a few friends. Nelson’s transfer to Hennepin County Medical Center will take a few days due to paperwork.

Visit the following pages for updates on Nelson’s condition and ways to support her:

www.caringbridge.org/visit/britneyraylanelson

www.gofundme.com/tn6rsr74

Look for an article in next week’s paper regarding the pedestrian crosswalk petition.



BY JORDAN GERARD

news reporter

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Students gathered around the gazebo Thursday, Oct. 22 to support and pray for Britney Nelson, who was hit by a car while crossing West Broadway and Harriet Streets Monday, Oct. 19.

PHOTO CONTRIBUTED BY HANNAH YANG
OF ROCHESTER POST-BULLETIN

Transgender activist Ellen Krug speaks about living authentically

As a successful trial lawyer in Iowa, Ellen Krug was married with children, lived in a nice neighborhood and had a three-car garage. Although she was living a life of luxury, there was one thing she struggled with: living this life as a man.

On Tuesday, Oct. 20, Winona State University's women's, gender and sexuality studies department and the criminal justice department invited Krug to discuss not only what it means to be transgender, but also what it means to live life with authenticity.

Sophomore Karli Bly, who was attending the discussion for a women's, gender and sexuality studies class, was eager to hear about Krug's experiences.

"It is exciting to actually hear from a person and see them tell their story, rather than just read it online," Bly said.

Throughout the discussion, Krug described living with authenticity as living as your true self.

"All of us should be able to enjoy an authentic life, no matter what our situation is," Krug said.

When Krug first started her transitioning process, she realized that she had experienced many barriers that prevented her from living authentically, one of which was fear.

As a child, Krug would often stay up until the late hours of the night waiting for her father to come home from work, unsure if he would return because of his alcohol problem.

"I would sit in front of the window or lay in my bed until 3 o'clock in the morning waiting to hear the garage door open," Krug said.

The constant waiting for her father caused Krug to become fearful about her future and increased her fear of being alone.

In high school, Krug fell in love with the girl next door. As their relationship evolved, the two made plans for their life together; but all these plans contained the idea that Krug would still be living her life as a man.

As Krug became wrapped up in her married life, she realized in order to stay married she had to keep her gender identity struggles to herself.

"I was so terrified of being alone," Krug said. "This was why I held on to being a man for so long."

As a way of confronting her gender identity struggles, Krug decided to go into therapy.

While in therapy, Krug began to deal with denial, another barrier that prevented her from living her life authentically.

"I would tell my therapists that I wasn't there to find out who I was—I just wanted to stay married," Krug said.

Unfortunately for Krug, the therapists did not tell her what she wanted to hear.

"Almost every therapist I went to told me that if I didn't leave my wife, I would kill myself," Krug said.

After seeing therapist after therapist, Krug was still in denial and was trying to fight to stay married.

Krug's denial continued to hold her back, until the events of 9/11 caused her to re-evaluate her situation.

"The night of the attacks I thought about death and I realized that if I had died, I would have died a coward," Krug said. "I was done fighting and denying myself."

Shortly after these events, Krug came out to her wife and children. It took her three years to disengage from her wife. After their divorce they continued to co-parent their two children.

For Krug, her transitioning experience is her own and does not reflect the experience of other transgender individuals.

"I had the ability to pick myself up and start over," Krug said. "Many other transgender people do not have this option."

In 2009, Krug became the first attorney in Iowa to participate in jury trials as separate genders. While Krug was transitioning, she received support from her fellow attorneys and judges she had worked with over the years.

In 2010, Krug relocated to the Twin Cities where she worked as a contributor for several LGBTQ publications. A year later she started speaking about LGBTQ issues at several different venues.

In 2013, she published her first book, "Getting to Ellen: A Memoir about Love, Honesty and Gender Change."

Earlier this year, she spoke to people in Rochester about issues facing the transgender community. This is where former police officer and member of the criminal justice department Jim Parlow first heard Krug's story.

Parlow invited Krug to speak with the criminal justice department to help educate them about the transgender community.

"Having been a former police officer and now having a transgender daughter, it is of the utmost importance that I feel I

can train law enforcement officers to keep my daughter safe," Parlow said.

Parlow takes it upon himself to educate law enforcement about transgender issues as well.

A study done by the National Center for Transgender Equality and the National Gay and Lesbian Task Force states: "46 percent of all transgender and gender non-conforming people are 'uncomfortable' seeking police help and 22 percent of those who interacted with police reported being harassed by police officers due to bias."

According to women's, gender and sexuality studies professor Tamara Berg, these percentages increase when considering transgender people of color.

Parlow's discussions with police officers about the issues facing law enforcement and the transgender community have been getting a positive response.

"When the law enforcement officers attend the training about transgender community, they say that more law officers need to be a part of them," Parlow said.

While Krug continues to speak about issues facing the transgender community, she has returned to her roots of why she became involved as a lawyer.

As a child in the 1960s, Krug heard the words of Dr. Martin Luther King Jr. and Robert F. Kennedy and decided she wanted to become a lawyer and make a difference.

In 2011, Krug became the executive director of Call for Justice, a nonprofit that connects low-income individuals with legal resources.

With her work, Krug spends time discussing compassion and kindness. She also discussed the importance of educating yourself and staying curious.

"All of us want to do the right things but we get lost in the details about concerns about offending someone or saying the wrong things," Krug said. "This causes us to put up barriers."

Like the men that inspired her to make an impact, Krug believes that everyone has an obligation to make the world a better place. By speaking about living authentically and her journey of finding authenticity, Krug has shown she is more than happy to fulfill this obligation.



BY ELIZABETH PULANCO
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This one time at band camp...

Approximately 85 high school students will be spending 30 hours at Winona State University to learn and perform music on Nov. 6 at 1:45 p.m.

For the past 37 years, students from high schools all around the Midwest have been coming to learn music in a new environment and collaborating with other musicians.

The students will be given excerpts of the music prior to arrival, and upon entering the Performing Arts Center they will audition with these prepared pieces for chair placement. Once the audition is done, they are given their placement and immediately start rehearsal for the concert the following day.

From their arrival until the concert, the students have about 11 hours of rehearsal, not including one hour of sectionals. During this time, the students will be learning five pieces of music, one featuring fifth-year Adam George on saxophone.

The concert will take place Saturday, Nov. 7 at 7:30 p.m. and will include four songs from the Symphonic Wind Ensemble. This is not the only part the Winona State students will play during the weekend.

The students will serve as guides and assistants during rehearsals, be responsible for high school students and ensure they are where they need to be, escort them to meals, as well as keep an eye on the high school students staying on campus overnight.



BY LAUREN SANER
features writer
lsaner12@winona.edu

Upcoming music events:

Music of South America
PAC Recital Hall
Oct. 29 at 6 p.m.

Winona State Orchestra
Vivian Fusillo Theatre
Nov. 1 at 2 p.m.

Super foods to avoid the flu

The end of October is often linked with Halloween—it is a season to spook and be spooked. But what may be even scarier than children in *Scream* masks or the thought of Jason from *Friday the 13th* visiting your dreams is the start of flu season.

Jennifer Holden, a dietitian at the Winona HyVee, has defined super foods and provided diet tips for staying healthy, to keep students in class and finishing out the fall semester strong.

Holden defined what super foods are for those who are unsure of what the group encompasses.

"Basically, a super food is a food that is nutrient dense, which means you get a lot of nutrients for a few calories. A lot of the super foods are fruits and vegetables," Holden said. "Typically it's antioxidants and more of the unusual nutrients that can help to promote health but are not necessarily a daily nutrient that you need to survive."

College students in particular may be lacking in the super foods department, Holden said.

"It's going to vary quite a bit with college students, some are reaching for that frozen pizza or whatever is easy and inexpensive, and others are becoming more health conscious. I would say the foods that are typically lacking [in a college student's diet] are the super foods, so your fruits and vegetables," she added.

College students may be skimping on the fruits and vegetables due to their expensive price and the lack of storage space, but Holden suggests there are ways around this.

"If you have freezer space, frozen fruits and vegetables are just as good as fresh, and they are going to be less expensive. They are picked during the season and flash frozen, so they maintain pretty good flavor and decent

texture," Holden said. "What I love about them is they are already clean and ready to go, so you just throw them in whatever dish you're using."

Holden suggested adding frozen berries to oatmeal; something healthy and easy to make on-the-go.

If freezer space is a no-go, the next best option is canned foods. The only problem with canned foods is fruits have to be canned in syrup, which adds a lot of sugar. Canned vegetables, on the other hand, tend to add salt.

"Salt can be added to dishes for flavor, but it shouldn't be 'the' flavor," Holden joked.

Holden recommends getting canned fruits in their own juice or in light syrup to avoid excess added sugar.

If you can buy fresh, look for foods with a darker color.

"With those fruits and vegetables, shoot for a dark color. They're called flavonoids. More color means more antioxidants."

Getting daily vitamins is also an essential part of staying healthy this flu season.

Many people think that pushing vitamin C is the best way to ward off illness, but that may not be the case.

"Vitamin C has a larger role in healing than preventing illness, but it is a daily nutrient that people tend to overdose on—which isn't harmful, but isn't helping either," Holden said. "A variety of fruits and vegetables contain vitamin C, so if you're getting a variety you're probably getting enough vitamin C."

While vitamin C may take the center stage in people's minds when it comes to flu-fighting nutrients, zinc should not be forgotten.

"Another key nutrient is zinc, which helps to prevent illness. Zinc rich foods are the beans and nuts and proteins," Holden said.

While it's necessary to add super foods to your diet in order to maintain your health during flu season, eating certain foods in moderation may also promote health. Holden suggests limiting high-sodium foods to maintain hydration levels in the body. She also recommends watching the amount of saturated fat and trans fats one consumes, which is often found in processed foods.

In order to get the right amount of each food group, Holden recommends the new MyPlate.

"Make sure that you've got your half a plate of fruits and vegetables. Get a source of protein in about the size of your palm, and then have some type of whole grain there."

Being gluten-free may be the fad diet these days, but Holden stressed the importance of carbs.

"You keep hearing 'carbs, I don't know about those,' but those whole grains have important nutrients too that are going to help fight the flu," Holden said.

As far as what to do if you get sick, there is always chicken noodle soup. It is known as the food to eat when you are sick, and studies are still looking into whether or not the soup actually helps to cure the flu.

"There has been evidence that it does make a difference," Holden said. "But they're not sure exactly what it is, whether it's the steam, which I personally think helps when you're stuffed up. Another theory is that the spices help. And then there's the idea that it just brings comfort to us."



BY KAYSEY PRICE
features writer
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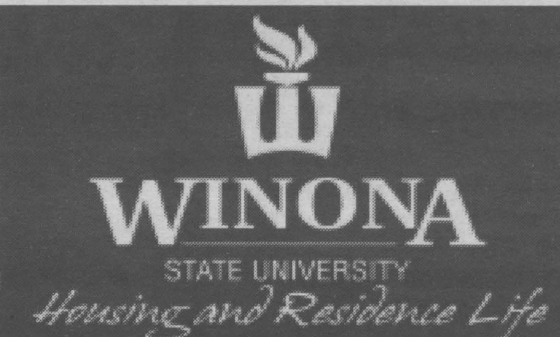
letters to the editor>

2016-2017 *Room sign-up*

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| DATE | WHEN & WHERE | WHAT KIND OF SWITCH |
|--------------------|----------------------------------|---|
| OCTOBER 5-7th | EAST LAKE 2-6pm EL Front Desk | Return to Room @ EL 9 month agreement- Same room |
| OCTOBER 8-9th | EAST LAKE 2-6pm EL Front Desk | 11.5 month agreement Any student currently living on campus and wants an 11.5 month agreement @ EL |
| OCTOBER 12-16th | Your Hall Front Desk 2-6pm | RETURN TO ROOM Any student living on campus that wants their EXACT room for next year |
| OCTOBER 26-30th | Your Hall Front Desk 2-6pm | IN COMPLEX SWITCHES Any student wanting to change rooms with- in their complex or building (examples on website) |
| NOVEMBER 4th | ALL RES HALLS 4pm in the SAC | OPEN SIGN-UP Any student can sign-up for any room on campus |

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&
✓ Bring that receipt
to sign-up



For further information on the process go to www.winona.edu/housing

Letter to the Editor: The Winonan

Do you own a cell phone and enjoy corresponding through text message, snap chat, instant messenger, and the like? The majority of the people on campus would answer "Yes." How often do you notice fellow students walking, eyes fixated on their smart phones, not paying any mind to the swarms of people and vehicles around them? The common answer would undoubtedly be, "Every minute, every hour, and every day." There is a tendency to assume everyone can see us. Clearly, we are on the phone with very important matters, therefore please step aside. But, do we have the right?

According to the Winona Post, 39 pedestrians have been struck by vehicles in the crosswalk within the past 10 years. These accidents are certainly preventable. In conducting research and a general consensus, there are varying views on who is at fault when these accidents occur. On one hand, pedestrians have the right of way at all times. If those driving motor vehicles were paying attention to the surroundings, maintaining

a safe speed, and adhering to the laws of the road, we wouldn't have an issue. Anyone can witness the distracted drivers who break the law throughout town. Drivers are constantly running right through crosswalks at dangerous speeds. They slam to a halt (if they stop at all), without looking both ways to acknowledge a bicyclist or pedestrian outside of the peripheral view. In a community such as ours, with a vast population being students and elderly, drivers have a responsibility to assume a pedestrian will make an attempt to cross the road at a crosswalk, especially around campus.

On the other hand, pedestrians have a responsibility to be aware of their surroundings and not assume that all drivers know of their existence. When you walk down the sidewalk and approach a crosswalk, STOP! Take a look to your left, your right, and back again. If it is dark, make extra special care to let drivers aware that you're there. Make eye contact with any approaching vehicle. Give a little wave to say,

"Thank you for stopping, I appreciate that you see my intention of crossing the road. Now you wait your turn because I have the right of way."

City council will debate and decide if they will make any updates to the roads in order to provide a safer environment. Multiple proposals have been made and it is unknown if any action will take place. However, we can keep ourselves safe in the meantime by simply looking. Take your eyes off of your phone or put it away when you are walking, especially into the road. When you hear that "pah-ding!" move over to a safe place to stop and respond. Don't let texting and walking have the same results as texting and driving.

Sincerely,
Bekki Puppe

letters to the editor>

Oops...

In the Oct. 14 issue on page 13, the photo of Briana Weavers donating blood at Winona State's blood drive was photographed by Sara Tiradossi, not Taylor Nyman.



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SAME DAY SERVICE!

Letter: Last week's issue, page 7

Profile of Gretchen Haga: A student fighting stigmas around mental illness

Hopefully she is fighting those making such a claim, not validating it.

Hopefully she is aware she can file an ADA complaint against its expression on campus, and the law will fully support her.

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SPORTS

Warrior volleyball 14-7 after week sweep

The No. 25 Winona State University volleyball team went 3-0 at home this week with wins against Upper Iowa University, the University of Minnesota Crookston and Bemidji State University.

The Warriors increased their win streak to five games and improved to a 14-7 overall record.

The Warriors defeated Upper Iowa on Tuesday night 3-0 (25-17, 25-15, 25-20) in McCown Gymnasium.

This was the second matchup between the two teams this season, the first of which resulted in a Peacock win.

Winona State had its best hitting performance of the year with a .418 percentage while limiting Upper Iowa to .155.

The Warriors also recorded eight blocks, with the Peacocks recording none.

Lauren Kudronowicz played a big role in the Warrior's success, hitting .636 and tallying a match-best 15 kills.

The Warriors began with an 8-3 lead to start the opening set. Upper Iowa would not narrow the score any closer than three points for the rest of the set as the Warriors eventually closed it out 25-17.

The Warriors consistently jumped out to quick leads at the beginning of sets, and the second set would prove no different.

"It's important to get a lead at the beginning of sets in order to maintain momentum," Jamie Cairncross said.

After four straight Peacock errors to begin the set, Winona would find themselves on top 5-0. Winona hit .519 in the set, and eventually claimed the second set 25-15.

The Peacocks gave their strongest performance in the third set, jumping out to a 12-8 lead over the Warriors. Upper Iowa advanced their lead later to 17-14, but the Warriors snapped off an 8-1 run to take control 22-18. Danielle Rampart eliminated any other lead changes as she finished off the set and match with back-to-back kills to

take a 25-20 third set win.

"We have come out a little slow in the third set lately," McKenna Larson said. "That is something we need to improve on as we come closer to the playoffs."

Jamie Cairncross had a match-high 17 digs. Maria Fruechte had nine kills while McKenna Larsen had eight kills of her own along with 37 assists.

Rampart had her fifth double-double of the past six matches.

The Warriors took down Minnesota Crookston 3-0 Friday night in front of 549 fans at home in McCown Gymnasium.

Taylor Goar had a match-best 11 kills while Maria Wrage tallied 10 kills and hit .533.

Kudronowicz collected nine kills and hit .571 while Larsen had the match-best hitting percentage of .636.

Winona State got off to a quick 6-2 lead after a Goar kill to begin the first set. The Warriors would then snap on a 7-1 run which was finished by Kudronowicz with a kill to give the Warriors a 16-7 lead.

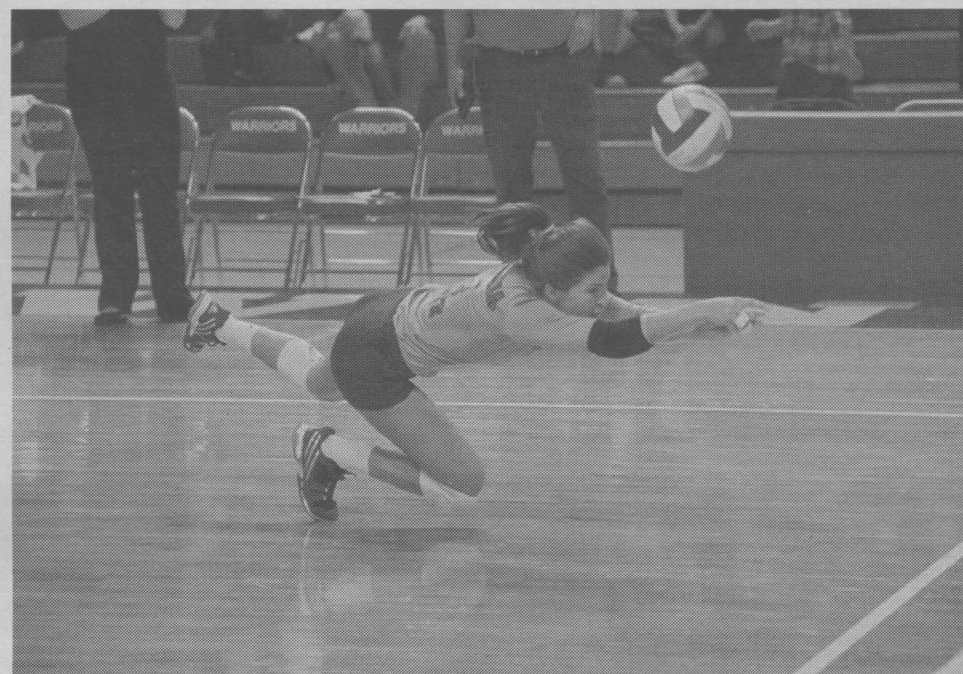
Winona State climbed to a 20-10 lead after another Goar kill before finishing the set off with a 25-18 win. The Warriors hit .256 through the first set.

The Golden Eagles began the second set with a 5-4 lead, but the Warriors went on a run, which resulted in an 18-11 lead before eventually claiming a 25-17 second set victory.

The third set began 10-8 with the Warriors leading. They would increase the lead to 20-10 and eventually close the set out 25-9 to claim the match 3-0.

The Warriors capped off the week on Saturday with a 3-0 victory over Bemidji State in McCown Gymnasium. This would be the last game of the Warrior's home-stretch.

"It's much better playing in front of a lot of friends and family. We feel it's easier to perform on the court that we practice on everyday," McKenna Larsen said.



Jamie Cairncross extends for a dig against Minnesota Crookston Friday in Winona.



JACOB STRIKER
photographer
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The Warriors hit .261 throughout the match compared to the Beavers .118.

Wrage tied the seventh-most efficient hitting performance in single match history with a .714 percentage while collecting 10 kills in the process.

Goar collected her 10th double-double of the season while tallying match-bests in both kills and digs at 15 and 18.

Winona State got off to a quick lead in the opener, climbing to a 9-3 lead. Goar eventually finished off the first set 25-13 to take a 1-0 lead in the match.

In the second set, the Warriors had 20 kills while hitting .432. Bemidji put up some resistance, but a 9-3 Warrior run would prove too much giving the Warriors a 25-18 second set victory.

The Beavers had their best performance

in the third set, hitting .226 and managing 11 kills. Bemidji hung around, but the Warrior's 17 kills and .382 hitting percentage was too much for the Beavers. After being tied at 11, the Warriors went on a 5-0 run to gain a 16-11 lead. Sophie Wilker finished the match with a kill to give the Warriors a 25-19 third set victory.

Winona State (14-7, 8-6 NSIC) has a road trip coming up beginning next weekend with a pair of matches at No. 8 Minnesota Duluth and St. Cloud State.



BY REID PETERS
sports reporter
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Want your club sport to be featured?
Contact Sam Thiel at SThiel11@winona.edu

Football upsets No. 1 Mankato, 31-27

The Winona State University football team achieved a key victory against Minnesota State, Mankato on Saturday, logging its first win over a top-five team in program history. Minnesota State, currently ranked No. 1, was defeated by a final score of 31-27 in front of 3,912 fans at Blakeslee Stadium in Mankato.

"It was a different atmosphere. This week we really focused on the basic fundamentals of working hard," Winona's head coach Tom Sawyer said.

Sawyer said the game was one of the top wins in program history and his team deserves accolades.

The victory ended a 40-game NSIC winning streak for the Mavericks going back to Nov. 12, 2011. The Warriors also earned their first win over a ranked opponent since defeating No. 23 Sioux Falls in 2012. It marked its first win over a top 10 team since beating No. 9 St. Cloud State in 2011.

"It was incredible," wide receiver Justin Bergeron said. "The surreal experience is just settling in. The whole team played as one unit. Everyone focused on their job and trusted that everyone else was doing theirs

correctly. There was no doubt in anyone on the team that we could do it."

After neither team found the scoreboard during the first quarter, the Mavericks made the first score with a 3-0 lead on a 33-yard field goal by Alden Haffar at the beginning of the second quarter. Junior Jack Nelson responded with a 5-yard pass to Cameron Johnson to reclaim the lead for the Warriors at 7-3.

Winona State added to its lead with a 37-yard pass to Alan May, extending the score to 14-3 before Haffar nailed his second field goal of the game on the final play of the first half to cut the deficit to 14-6 by halftime.

In the third quarter, the Warriors way as Winona State were shutout in the period. Maverick wide receiver Brent Esser cut the lead 14-13 with a 20-yard pass from wide to fellow wideout Ty Dennis.

Two minutes later, running back Chad Zastrow ran in a 5-yard touchdown that allowed the Mavericks to take a 20-14 lead to end the third quarter.

However, the Warriors would respond in the fourth quarter. Down 20-14, Winona State claimed the lead with

Nelson connecting to May for the 3-yard touchdown before a kick from Carter McCauley made a 44-yard field goal to increase the advantage to 24-20 with 8:24 left. The Mavericks used a 43-yard run from Zastrow to conclude a seven-play, 75-yard drive to put them ahead of the Warriors 27-24.

The Warriors found themselves against the wall on their comeback drive as they faced third down and 13 yards to go at their own 25. But a holding penalty made by the Mavericks gave the Warriors an automatic first down.

Nelson used the mistake to his advantage, making 17- and 20-yard passes to Josh Mikes, and capped the comeback with a 27-yard pass to Johnson to put the end score at 31-27.

The Mavericks had one last opportunity to stay undefeated, but senior defensive back Tamrick Atwood intercepted a pass from Maverick quarterback Nick Pieruccini to complete the upset.

Nelson recorded his second four score game of the season, finishing 23-of-38 for 238 yards passing and a couple of picks.

Collin Corcoran and Andrew Spencer led

the way defensively for the Warriors, with Corcoran tying a career-high 16 tackles, including a tackle-for-loss and a half sack. Spencer made a career-high 15 tackles with a tackle-for-loss and a sack.

As a team, the Warriors reached the Mavericks quarterback three times, with Mike Imperiale and Jeff Brown picking up one and a half sacks, respectively, to add to their team-high 2.5 tackles-for-loss. The Maverick defense got to Nelson just once after dropping the junior nine times last season.

Eric Smith chipped in an interception to add to Atwood's game-winner. Paul Preston recorded 80 rushing on 26 carries on the ground.

"I'd like to see a repeat of work level and intensity," Sawyer said.

Winona State (4-4, 2-2 NSIC South) returns home to Altra Federal Credit Union Stadium this Saturday against Wayne State at 1 p.m.



BY KILAT FITZGERALD
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Sports schedule this week...

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------|--------|---------|-----------|----------|-----------------------------|---------------------------|------------------------------|
| Football | | | | | | vs. Wayne State, 1 p.m. | |
| Women's soccer | | | | | vs. Minnesota State, 6 p.m. | | @ Concordia-St. Paul, 1 p.m. |
| Volleyball | | | | | @ Minnesota Duluth, 7 p.m. | @ St. Cloud State, 4 p.m. | |
| Women's Basketball | | | | | @ Anaheim, 11 a.m. | @ Anaheim, 8:15 p.m. | @ Anaheim, 11 a.m. |

*Home games in bold

GO WARRIORS!

Warrior cross country competes at NSIC Championships

The Winona State University men and women's cross country teams hit the course in Falcon Heights at Les Bolstad Golf Course on Saturday for the NSIC Conference Championships.

The Winona State men finished seventh as a team. The Augustana Vikings finished first overall for their seventh straight title, while Sioux Falls, Minnesota State Moorhead, University of Mary and Minnesota Duluth followed.

Junior Seth Reel was the top finisher for the Warriors with a time of 26:24.9,

coming in sixth place and earning First Team All-NSIC honors in the process.

Sophomore Reed Parent ran in 27:02.9 to finish 21st, while seniors Nick Couillard, Benjamin Clausen, and Shane Carlson finished the 8000-meter race 25th, 45th, and 67th respectively.

Sophomore Charles Schauer recorded a time of 27:48.9 for a 42nd place finish, with first-year Dreux Selzler ran to a 43rd place finish in 27:50.9.

The Winona State women finished fourth overall with 116 points, beating Northern

State by three points. Minnesota Duluth claimed the event title while University of Mary, and Augustana placed second and third, respectively.

Senior Jordan Paschke finished 14th to lead the Warriors with a time of 23:34.1. Sophomore Raissa Hansen finished two seconds behind her teammate with a time of 23:36.1 for 15th place, while junior Amanda Kaiser rounded out the top 20 placing a time of 23:59.7. Paschke, Hansen and Kaiser all earned Second Team All-NSIC Honors.

Junior Madeline Martell placed 28th with a time of 24:24.3, while sophomore Katie Vergeront finished 39th in 24:48.4.

Winona State will head to Tom Rutledge Course in Joplin, Mo. to compete in the NCAA Regional Saturday, Nov. 7.



BY VICTORIA LARSON
sports reporter
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Soccer earns Sunday victory

On Saturday the Winona State University women's soccer team competed against the Bemidji State Beavers in Winona at the Altra Federal Credit Union Stadium.

The game was a close matchup with the Warriors ranking fourth in the NSIC and the Beavers ranking fifth.

The Warriors held the advantage in shots making 14 compared to the seven made by the Beavers. Mehan Bolton led in shots for Winona State, making four with two on goal. Meg Riebau had three shots with two on goal and Nicole Sames also made three shots with one on goal. Abby Bohanski, Chase Rehm and Kelsey Foss all recorded shots on goal.

The game ended with neither team scoring to mark the Warrior's second straight scoreless tie.

"It was a pretty good game. It was one of those games where I felt like we controlled it, we just couldn't find the back of the net," senior midfielder Kati Baker said. "We hit the post a few times but just could finish. Overall I thought we played really well as a team."

"It's one of those games. Bemidji is a very good defensive team," head coach Ali Omar said. "They're very well organized in the back and we had to break them, which we had quite a few opportunities but we made a few mental mistakes or bad touches before we got to the final shot."

Sunday was senior day for the Warriors as they went up against Minnesota Crookston.

The first half was scoreless for both teams.

In the 57th Bolton made a crossing pass to Baker who put the ball in the net to make the first goal of the game and Baker's fifth goal of the season.

Just 15 minutes later the Warriors made their second goal when Rehm made an assist to Sames who headed in the ball, marking her first goal of the season and giving Winona State a 2-0 lead.

Omar explained that the Warriors were more technically skilled, which helped them win the game.

"We had the depth. We're very technical so we wore them out pretty good. We moved them around and were able to put

two in there," Omar said.

Baker explained how senior day encouraged the team to play hard for the win.

"I felt that everyone that stepped on the field really played hard and you could tell that people were playing for the seniors and that all the seniors really played hard for each other," Baker said.

Player's Foss and Baker mentioned playing at home also worked to the team's advantage.

"We always come out a lot stronger when we're at home," Foss said.

"Being here with our families and having the fans as support helped us. Being familiar with the field that we practice on everyday definitely has its advantages," Baker said.

Next Friday the Warriors compete against Minnesota State-Mankato at home. Omar said that the matchup with the Mavericks will come down to who is the best team.

On Sunday the team travels north to compete against Concordia-St. Paul. These will be the last two season games before

the team competes in the conference tournament starting on Nov. 4th.

Omar said the team will focus on getting polished a little more before heading to conference. He added that the team's health could play a factor.

Baker said the team is coming together at the right time.

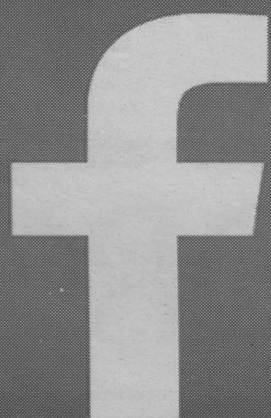
"I think we're really starting to peak as a team and come together so as long as we can keep finishing during games I think we'll have really good success in the tournament," Baker said.

Foss added the team wants to come out strong in conference to enable a spot in the NCAA tournament.

"We really want to come out strong in those games because it will be a big chance to get to the NCAA tournament," Foss said.



BY REAGAN JOHNSON
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In the peanut gallery...

Each week sports reporters Matthew Lambert and Sam Thiel will face off on a hot topic in sports. The world of sports is changing quickly and constantly, but we want to slow it down and take a better look at the juiciest gossip, scandal, rumor or issue that is making headlines this week. Lambert and Thiel will take different sides and battle it out, telling you why they are right.

We are nearing the end of October, which means the NBA season is officially here. Last season, the Golden State Warriors defeated the Cleveland Cavaliers in six games, 4-2, to win its first NBA Championship in 40 years. This week, Matthew Lambert and Sam Thiel voice their opinions about which team will raise the Larry O'Brien trophy next June.

Let's talk about it... (Recap by Sam Thiel)

This week's topic: Which team will win the NBA title?

Christmas may be two months away, but for me, it comes at the end of October.

The NBA season is upon us.

This season, many teams battle for the chance to be called NBA Champions. But there is only one team that will stand on the trophy podium next June: the Golden State Warriors.

So please excuse me as I open my closet and take out my Stephen Curry jersey, my Golden State Warriors hat and my Curry One basketball shoes. I'm a little excited.

The first reason why the Warriors will repeat as champions is because of their roster depth and coaching staff. Golden State returns almost their entire roster from last season and were able to replace forward David Lee with free agent Jason Thompson, who comes from Sacramento. And although current head coach Steve Kerr is out after having back surgery, assistant coach Luke Walton is more than capable of taking the reins.

The second reason needs just two words: Stephen Curry. The 27-year-old had one of the best years of his life last season, obliterating records as fast as the 0.4 release time on his jump shot. Curry averaged 23.8 points, 7.7 assists, 1.6 steals and broke the single-season record for three-pointers made with 286. He won the MVP, the Championship and his daughter Riley is an Internet sensation and the clear frontrunner for the 2048 presidential election. Even one paragraph can't guard this guy.

Finally the last, and quite frankly, the loudest reason the Warriors will win the title is because of their home crowd. Oracle Arena is sold-out every single game and last year Golden State went 39-2 at home in the regular season. There's a reason why it is called Roar-acle.

They're not the biggest team, but have depth, the loudest crowd in the association and a floor general in Curry. Dub Nation will have plenty to cheer about next June.

With the NBA season coming, it's important to overanalyze and make wild predictions for who will be the NBA champion.

It's a difficult decision to try and make. What if Steph Curry breaks his ankle? Will the Warriors be competitive or even make the playoffs? What if LeBron James gets sick of his teammates and the Cavs trade for six new players? Is Anthony Davis so phenomenal that he takes his garbage Pelicans team to the Finals?

It's hard to predict those things. So I'm picking a team that is consistent, not flashy, and has the best next-man-up mentality in all of sports: the San Antonio Spurs. My reasoning isn't because they added LaMarcus Aldridge or David West. It also isn't that Gregg Popovich could be Coach of the Year, which he should. Or that, somehow, Tim Duncan, Tony Parker and Manu Ginobili have found the fountain of youth and aren't letting Kobe Bryant have any. It's about reigning Defensive Player of the Year Kawhi Leonard, a guy who plays 64 games.

A lot of storylines will be about Leonard and if he is the best player on the Spurs. I'll go one further. Leonard is the fifth best player in the LEAGUE, behind James, Davis, Kevin Durant and Curry. Leonard is the lynch pin, the guy Popovich can play for 36 minutes a game, unlike his other stars. Leonard should average, this season, 17 points, four assists, eight rebounds, and 2.5 steals a game, but that's my prediction.

Even if Leonard has another year of injuries, the Spurs are so efficient, they can find a guy to fill that slot until Leonard gets back. Kyle Anderson had a great Summer League, Patty Mills is an outstanding bench player and don't ever tell me Matt Bonner is overrated. The Spurs lost in one of the greatest seven game series I've ever watched last year against the Clippers. Don't expect something like that to happen again this season.

Tweet your thoughts on this topic!



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Tweet at us and see your tweeted opinion quoted here!



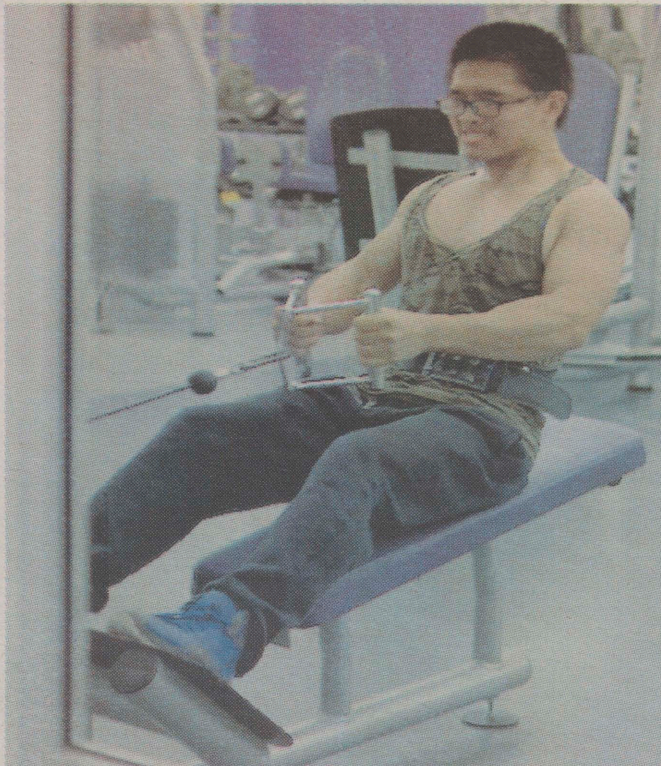
BY SAM THIEL
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BY MATTHEW LAMBERT
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SPOTTED ON CAMPUS...

Students exercise their bodies and creativity.



Top Right Photo: Eyrar Tay, Alyson Fisher and Alyson Rhoades shoot a zombie movie trailer for their audio and video class.

Bottom Photos left to right:

Lien Zhang works out in the Integrated Wellness Center.

Lena Yong admires a work of art at the art gallery show.

Lauren Praska and Maureen McCarthy sell homemade plaques to help sponsor children in need.



SUSAN TORKELSON
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IT'S EASY TO STAY SECURE

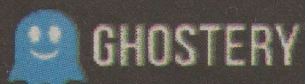
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Ghostery is a browser extension

It is top notch at keeping tracking beacons off of your machine and web browsing private. The Ghostery extension is recommended by the WSU data security team.



For more information go to <https://learn.winona.edu/Ghostery>